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What is claimed is:

- 1. A method of decreasing the motility of an $\alpha\nu\beta3$ integrin expressing cell comprising cross-linking at least two $\alpha\nu\beta3$ integrins on said integrin expressing cells thereby inhibiting the motility of said cells.
- 2. The method of claim 1, wherein the integrins are cross linked by a homodimeric disintegrin.
- 3. The method of claim 2, wherein the homodimeric disintegrin is contortrostatin.
- 4. The method of claim 1, wherein the crosslinking disrupts FAK signaling.
- 5. The method of claim 1, wherein the crosslinking activates tyrosine phosphorylation of FAK
- 6. The method of claim 1, wherein the crosslinking activates tyrosine phosporylation of CAS.
- 7. The method of claim 1, wherein the crosslinking induces an alteration in cell morphology.
- 8. The method of claim 7, wherein the alteration changes cytoskeletal or focal adhesion structures.
- 9. The method of claim wherein the $\alpha \nu \beta 3$ integrin expressing cell is a tumor cell.
- 10. A method of inhibiting the adhesion of integrin expressing cells to vitronectin comprising exposing said cells to contortrostatin so that contortrostatin binds to the integrin.
 - 11. The method of claim 10, wherein said integrin is $\alpha v\beta 3$ or $\alpha v\beta 5$.

- 12. A homodimeric disintegrin comprising an amino acid sequence which is at least 90% percent identical to amino acid numbers 419 to 483 of SEQ ID NO: 2, wherein said contortrostatin amino acid sequence (i) binds to integrin $\alpha\nu\beta5$ and (ii) induces $\alpha\nu\beta3$ -mediated tyrosine phosphorylation of CAS and FAK in tumor cells.
- 13. The homodimeric disintegrin of claim 12 having an amino acid sequence selected from the group consisting of:
 - (a) amino acid numbers 419 to 483 of SEQ ID NO: 2;
 - (b) an amino acid sequence at least 95% identical to (a) as determined by FASTA or BLAST using default opening and gap penalties and a default scoring matrix.
- 14. A pharmaceutically acceptable composition comprising a pharmaceutically acceptable carrier and a homodimeric disintegrin according to claim 12.

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